



THE VALUES JOURNAL



Values can be guiding lights that help you navigate life's twists and turns. Focusing on your values on a daily basis can help you focus on choices that are consistent with the way you want to live your life.

Exploring your values can also help guide your daily behaviors. Psychologists note that being mindful of your values will inevitably move you toward concrete actions that can help you accomplish your goals and give you meaning and purpose.

We've created the Values Journal to give you an opportunity to think about your values each and every day. Set aside time each day to write down your thoughts or experiences related to the value listed at the top of the page. Be creative! Doodle, sketch, use colors, or even add pictures or quotes that relate to your thoughts about each value.

Journaling can have a significant positive effect on your mental health and well-being. It gives you a chance to explore your feelings, organize your thoughts, reflect on your daily activities, and even improve your problem-solving skills. Most people also find that journaling is a form of stress reduction, particularly when you express your thoughts and feelings without self-criticism or judgment.

We hope you find this journal useful!

Sincerely,

Lawrence E. Shapiro, Ph.D., and Angela M. Doel, M.S.

ACCOUNTABILITY

Describe a specific instance in your life where you were accountable for your actions in a relationship - even though it was difficult.

[illegible]

ADAPTABILITY

Describe a time when you had to do something you really didn't want to do.

[illegible]

ADVENTURESOME

Describe a time when you took a risk to experience something new.

[illegible]

ALTRUISM

Describe a charitable act that touched
your heart.

[illegible]

AMBITION

Share a dream or aspiration you're working toward.

[illegible]

APPRECIATION

Describe how you show appreciation to loved ones or write about all the things you appreciate in your life.

This image shows a full page of white paper with horizontal orange lines. The lines are evenly spaced and run across the width of the page. In the background, there is a very faint, light-colored illustration of a person sitting at a desk, possibly writing or reading. The overall appearance is that of a clean, unused sheet of stationery.

AUTHENTICITY

Describe a time you felt truly yourself.

[illegible]

BALANCE

How do you maintain balance in your life? What are some things you can do to experience more balance?

[illegible]

BELONGING

Write about a community or group where you felt a deep sense of belonging.

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CELEBRATION

Write about a personal achievement you celebrated.

[illegible]

COLLABORATION

Discuss a successful team or group effort.

[illegible]

COMMITMENT

Write about a commitment you've kept
for a long time.

[illegible]

CONTENTMENT

Describe a time when felt truly content
with what you had.

[illegible]

COURAGE

Describe a time when you faced your
biggest fear.

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CREATIVITY

Write about an experience where your creativity shone through.

[illegible]

CURIOSITY

Describe something you've always been
curious about.

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DEDICATION

Describe something you've dedicated a significant amount of time to.

[illegible]

DETERMINATION

Share an obstacle you faced and how determination helped you overcome it.

[illegible]

EMPATHY

Tell a story about a time when you
deeply felt someone else's pain.

[illegible]

EMPOWERMENT

Share a story of when you felt
empowered or empowered someone else.

[illegible]

EXCELLENCE

Describe a time you pushed yourself to achieve excellence.

[illegible]

EXPLORATION

Discuss a place or culture you'd love to explore.

[illegible]

FREEDOM

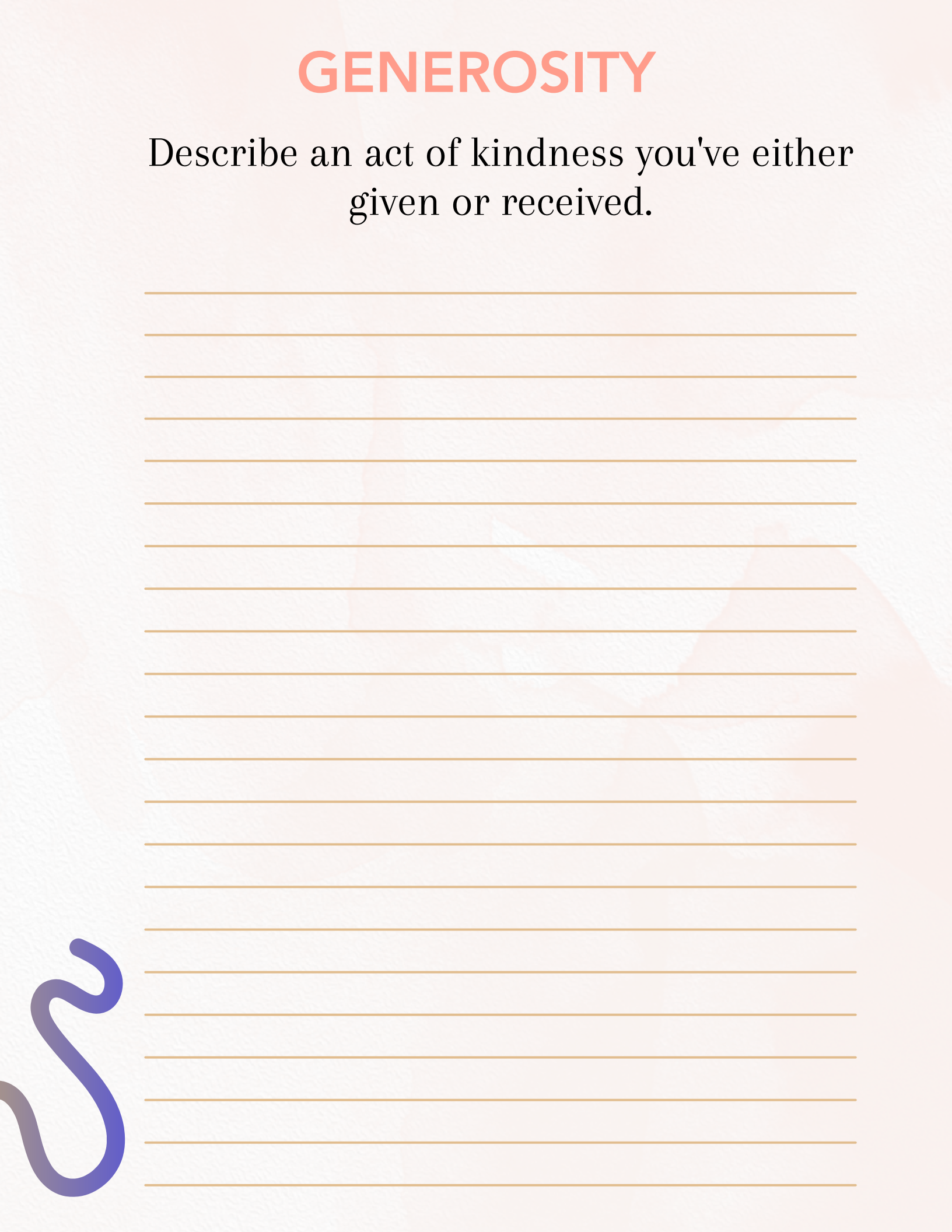
Discuss a moment when you felt the most free.

[illegible]

FRIENDSHIP

Write about the quality you value most
in a friend.

[illegible]

[illegible][illegible][illegible]

GRATITUDE

Describe something you're deeply thankful for.

[illegible]

GROWTH

Share a recent experience that led to personal growth.

[illegible]

HARMONY

Describe a time when you tried to bring harmony to a conflict.

[illegible]

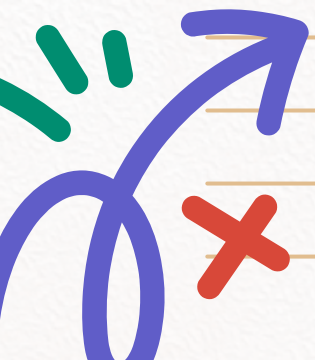
HONESTY

Share a time when telling the truth was
challenging but necessary.

[illegible]

HOPE

Describe a time when hope carried you through a difficult period.

This image shows a blank sheet of white paper with horizontal orange lines. A large, faint, light-orange watermark of a person's face is centered in the background. In the bottom-left corner, there is a blue arrow pointing diagonally upwards and to the right, and a red 'X' mark below it.

HUMILITY

Share a time when you learned a valuable lesson from a mistake.

[illegible]

HUMOR

Share a funny experience that taught you something valuable.

This image shows a full page of white paper with horizontal orange lines. In the upper half, there is a very faint, light-colored illustration of a person sitting at a desk, possibly writing or reading. The rest of the page is empty except for the lines.

INDIVIDUALITY

Discuss a moment when you celebrated
your unique qualities.

[illegible]

INNOVATION

Share an innovative idea you believe
could change the world.

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INTEGRITY

Describe a situation where you stood up
for what you believed in.

[illegible]

JOY

Describe a simple joy that brings happiness to your day.

[illegible]

KINDNESS

Describe an act of kindness you witnessed or performed.

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LEARNING

Write about a lesson you've learned recently that changed your perspective.

[illegible]

LISTENING

Describe the impact of truly listening to someone.

[illegible]

LOYALTY

Share a story that demonstrates your loyalty to someone or something.

[illegible]

Share an instance where you changed your perspective due to new information.



OPTIMISM

Describe a situation where optimism made a difference.

[illegible]

PASSION

Write about an activity or cause you're most passionate about.

This image shows a full page of white paper with horizontal orange lines. In the upper half, there is a very light, sketchy illustration of a person sitting at a desk, possibly writing or reading. The rest of the page is filled with evenly spaced horizontal orange lines, typical of notebook paper.

PATIENCE

Describe a situation where patience was essential.

[illegible]

PEACE

Share a place or activity that brings you inner peace.

[illegible]

PERSEVERENCE

Share a story of someone who inspired
you with their perseverance.

[illegible]

Write about someone who always radiates positivity in your life.

[illegible]

RESILIENCE

Discuss a challenge you overcame that made you stronger.

[illegible]

RESOURCEFULNESS

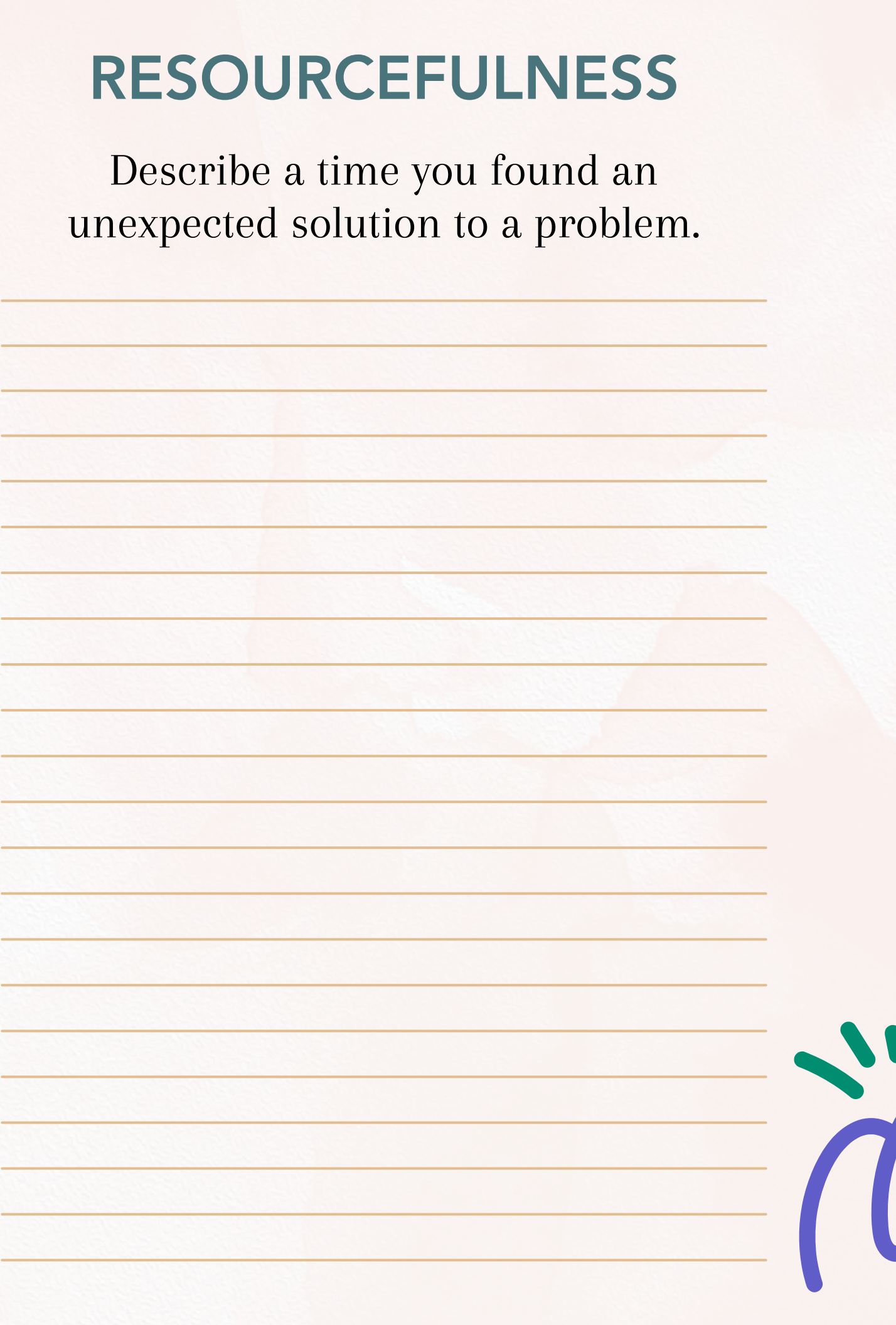
Describe a time you found an unexpected solution to a problem.

RESOURCEFULNESS

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RESPECT

Share a time when you felt deeply
respected or showed respect.

[illegible]

SELF-ACCEPTANCE

Describe a time when you truly accepted yourself.

[illegible]

SELF-COMPASSION

Describe how you practice self-compassion.

[illegible]

STRENGTH

Write about your strengths and how they have helped you overcome challenges.

[illegible]

TRADITION

Share a cherished family tradition and its significance to you.

[illegible]

TRUST

Write about the importance of trust in relationships.

[illegible]

VISION

Share a vision or goal for your future.

[illegible]

VULNERABILITY

Share a moment when you felt
vulnerable but found strength in it.

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WISDOM

Discuss a piece of advice that profoundly impacted your life.

[illegible]